



June 2010

Menus Subject to Change Without Notice
Milk served with meal.



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Brunch and Learn Menu Cinnamon Roll Sausage Fruit cup	1 Chicken Enchilada Green/Wax Bean Blend Tossed Salad/Black Beans Corn Muffin Chocolate Chip Cookie	2 Salisbury Steak Mashed Potatoes Key Largo Vegetable Carrot Raisin Salad Whole Wheat Roll Cake and Ice Cream	3 Beef Chow Mein Chinese Noodles Chinese Cabbage Salad Egg Roll Bran Muffin Pudding/Fortune Cookie	4 Chicken Tenders Mashed Potatoes Capri blend Vegetable Tossed Salad/ Garbanzo Beans Whole Wheat Roll Sliced Peaches
7 Beef Stroganoff Noodles Steamed Broccoli Sliced Bread Cole slaw Cook's Choice Dessert	8 Fruited Chicken Salad on a Cantaloupe ring Pickles/Olives Fresh Veggies/Dip Blueberry Muffin Oatmeal Cookie	9 Parmesan Chicken Baked Potato/Sour Cream Peas and Carrots Tossed Salad/Kidney beans Roll Fresh Fruit	10 Myers Spaghetti/Meat Sauce Italian Blend Vegetable Bread Stick Caesar Salad Lemon Bar	11 Baked Ham/Cherry Sauce Scalloped Potatoes Green Beans Creamy Cucumbers Roll Raisin Bar
14 Aunty's Apricot Chicken Rice Pilaf Asparagus Tossed Salad/ Garbanzo Beans Whole Wheat Roll Fresh Fruit	15 Stuffed Pepper Steamed Carrots Dry Jello Salad Biscuit/Honey Butter Peanut butter Cookie	16 Shepherd's Pie Sliced Beets Broccoli Salad Bran Muffin Pudding	17 Baked Cod Au Gratin Potatoes Capri Blend Vegetable Tossed Salad/Kidney beans Roll Frosted banana Bar	18 Roast Beef Mashed Potatoes/ Gravy German Blend Vegetable Spinach Salad Whole Wheat Bread Apple Pie
21 Gillies Swedish Meatballs Rice Scandinavian Blend Vegetable 3 bean salad Biscuit/Jam Coconut Crunch	22 Beef Stew/Bread Bowl Pickled Beets Cottage Cheese Pear Salad Pumpkin Square	23 Taco salad Guacamole Chips and Salsa/Center Corn Muffin –Meals on Wheels Tropical Fruit Peanut butter Bar	24 Chicken Broccoli Casserole Summer Squash Blend Potato Wedges Tossed Salad Whole Wheat Bread Fresh Fruit	25 Beef Tips Mashed Potatoes Brussels Sprouts Fruited Cole Slaw Whole Wheat Roll Peach Cobbler
28 Tamale Pie Spanish Rice Spinach Tossed Salad Pistachio Ambrosia	29 Hot Turkey Salad Mixed Vegetable Stewed Tomatoes Whole Wheat Roll Brownie	30 Sweet n Sour Pork Cubes Steamed Rice Oriental Blend Vegetable Chinese Cabbage Salad Muffin Pudding/Fortune Cookie	NOTICE Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.	